

"Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus." {Romans 6:11}

"Thou wilt keep him in perfect peace, whose mind is stayed (fixed) on thee.." {Isaiah 26:3}

Free!

Our Response:

"Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul." {1 Peter 2:11}

"For this is the will of God, your sanctification; that is, that you abstain from sexual immorality (fornication)" {1 Thess. 4:3}

"Abstain from evil form (appearance) of evil" {1 Thess. 5:22}

"Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. " {1 Cor. 6:18}

"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world (age), but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable (well-pleasing) and perfect." {Rom. 12:1-2}

"..Christ shall even now, as always, be exalted in my body, whether by life or by death." {Phil. 1:20}

"..fantasy is the controlling force in masturbation. Giving place to these scenes in your mind presents a foothold for the devil in the area of lust." (Rich Wilkerson)

...a final challenge!

"Bring into captivity every thought to the obedience of Christ" (2 Cor. 10:5)

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Suggested Resources:

- (1) Don't Bite the Apple 'Til You Check For Worms by Ken Abraham, Spire, 1994
- (2) Five Myths Of Male Sexuality: Men of Integrity by Rick Gent, Moody, 1994
- (3) Dating, Sex and Friendship by Joyce Huggett, Intervarsity Press, 1985
- (4) Why Wait? By Josh McDowell, Here's Life, 1987
- (5) How To Help Your Child Say "No" To Sexual Pressure by Josh McDowell, Thomas Nelson, 1987
- (6) Discovering the Intimate Marriage by R.C. Sproul, Bethany Fellowship, 1975
- (7) Victory Over Sin And Self by David Wilkerson, Spire, 1989
- (8) Straight Answers To Tough Questions About Sex by Rich Wilkerson, Whitaker House, 1987

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Don't Let
Masturbation
Master You!



Abuse (application to a wrong purpose):

Sexual love:

Good and holy	(Gen. 1:27,28; 2:24-25)
For procreation	(Gen. 4:1)
In marriage only	(Proverbs 5:10-15)
Expression of love	(Song of Songs 1:12-15; 3:1-5)

Matthew 5:27: "Thou shalt not commit adultery; but I say to you, That whosoever looketh on a woman to lust after her, hath committed adultery with her already in his heart."



Some thoughts from Why Do I Do What I Don't Want To Do?, by William Backus and Marie Chapian, Bethany House, 1984:

Understanding What Lust Is

"The deadly sin of lust is always and almost exclusively associated with sexual sin. God is not against sex. He is unequivocally in favor of it. The idea that sex in itself is sinful is unchristian.

The physical relationship in marriage is extremely important and holy (Hebrews 13:4). Nothing must contaminate the physical expression of love between a husband and wife. That is why lust, like a leech, will rob the sexual relationship of the beauty and joy God intended in a marriage" (p.114)

"He loves to respond to a heart that yearns for God's mercy. Accusing voices are hushed in His presence. He condemns the sin and liberates the sinner from his old ways. The Apostle John writes, "If our heart condemn us, God is greater than our heart" { 1 John 3:20 } (p.116)

"Lust outside of the marriage or within the marriage corrupts the marriage union...Jesus taught that lust is not just a physical transgression, it is a defilement of the heart and soul.



Satan will always try to plant evil ideas in your mind, no matter how good and moral you are... When the sin of lust runs free, some of the misbeliefs in residence are, 'I am not hurting anybody by what I do', and 'I deserve something good and so I'll take what I think is good.' (p.117)

"Pleasure is part of and a product of the expression of love. It is not just pleasure for pleasure's sake."

"Tell yourself, 'Self, you are single and you will be in control of your thoughts regarding sex'. If you allow yourself to fantasize sexual activities... you will be a victim haunted and most miserable... It is not true that you cannot be fulfilled without sex. If you're a single person, fulfillment without sex is God's standard. And happiness has nothing to do with sex. If it did, celibate Jesus would have been an extremely unhappy person." (p.123)

Rich Wilkerson says this, "You are right in saying that the Bible does not speak directly about masturbation... However, the Word does contain some relevant principles..."

Our Body:

"Do you not know that your bodies are members of Christ?... Or do you not know that your body is a temple (sanctuary) of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price; therefore glorify God in your body." { 1 Cor. 6:15, 19-20 }

Three arguments against masturbation: (taken from Don't Bite The Apple...)



- (1) "Most notable of these is guilt. The 'world' says masturbation is okay. ...Masturbation is considered by many single people (believers) as the unmentionable sin."
- (2) "It encourages lustful thoughts" {Attentions, lead to attitudes, which result in actions}
- (3) "Perhaps the strongest argument against masturbation is that sex was never meant to be an individual affair. God designed your sexuality to be the ultimate, intimate expression of united love between a husband and a wife."



The Power:

"And if Christ is in you, though the body is dead because of sin, yet the spirit is alive (life) because of righteousness." {Romans 8:10}

"...knowing this, that our old self (man) was crucified with Him, that our body of sin might be done away with (rendered inoperative), that we should no longer be slaves to sin..." {Romans 6:6}